



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Balance, Health, & Wellbeing

Supportive Yoga for Pre-Diabetes & Diabetes

This therapeutic Yoga class is designed for individuals with diabetes or concerns of developing type 2 diabetes. This class will focus on creating body balance by increasing circulation in eyes and limbs, and creating strength and flexibility. Over time yoga brings the body into balance and wholeness.

- **Program cost:**
Members -free
Non-members-free
- **Time:**
Tuesday -10:45am
Thursday - 5:00pm
- **Location:**
Downtown YMCA
1050 W. State St
Boise Id 83705

For more information about the program
please contact:

Mary Biddle-Newberry
(208)344-5502, ext 276

